

Molecularly Distilled | Guaranteed Purity

NORDIC NATURALS®



## Supplement Facts

Serving Size: 2 Soft Gels Servings per container: 30

Amount Per Serving	% Daily Value*
Calories	15
Calories from fat	15
Total Fat	1.5 g 2%
Saturated Fat	0 g 0%
Trans Fat	0 g †
Vitamin D3 (cholecalciferol)	1000 I.U. 250%
Total Omega-3s	1120 mg †
EPA (Eicosapentaenoic Acid)	586 mg †
DHA (Docosahexaenoic Acid)	456 mg †
Other Omega-3s	78 mg †

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.  
‡ Less than 3 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, glycerol, triacetin, natural lemon flavor), natural lemon flavor, alpha tocopherol, vitamin D3 (cholecalciferol in olive oil), rosemary extract (a natural preservative).  
No gluten, milk derivatives, or artificial colors or flavors.

Please recycle this container



Place 2 soft gels in container

Net Wt. (30)

- ✓ Positive Mood\*
- ✓ Healthy Immunity\*
- ✓ Body Composition\*

# POSTNATAL OMEGA-3



1120 mg Omega-3 + 1000 I.U. D3  
Formulated specifically for new moms  
to support optimal wellness after birth\*

Superior Triglyceride Form

Dietary Supplement | 650 mg Soft Gels | 60 Count



Postnatal Omega-3 is specifically formulated to address the unique needs of new moms, offering EPA and vitamin D3 to support a positive mood and optimal wellness after childbirth.\* This formula also includes 456 mg DHA to support maternal cognition and continued neurological development in nursing infants.\* Highly concentrated, 90%+ triglyceride-form fish oil allows for maximum potency and absorption in easy-to-swallow soft gels.\*

**Wild caught. Pure. No fishy aftertaste. Friend of the Sea certified.** Every batch of Nordic Naturals fish oils is tested by a third-party certified lab for environmental toxins, including heavy metals. All fish oils are in the triglyceride form and surpass the strictest international standards for purity and freshness. Certificates of Analysis available upon request.

**Suggested Use:** Two soft gels daily, with food, or as directed by your health care professional or pharmacist.

**Store in a cool, dry place, away from sunlight**

**Do not take if tamper-evident seal is broken or missing**

**Product protected by U.S. patent #s 6346231 & 6641837**

**Keep out of the reach of children**

**Nordic Naturals products are never sold under any store brand**

**Warning:** Consult with your physician before using this product if you are allergic to iodine, use blood thinners, or anticipate surgery.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Lab and processed in Norway  
Manufactured from the U.S. by  
NORDIC NATURALS, INC.  
111 Jennings Drive  
Watsonville, CA 95076  
800.662.2544  
nordicnaturals.com



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As the official postnatal omega-3 of the American Pregnancy Association, Nordic Naturals Postnatal Omega-3 is an exceptionally pure and trusted source of EPA, DHA, and vitamin D3.

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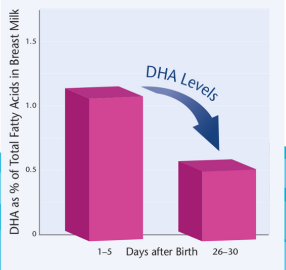
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Replenishing your omega-3 essential fatty acids is an important step in maintaining good health after the birth of your child. It is especially important for mothers who have experienced, or are planning for, multiple pregnancies, or who are nursing.

Omega-3 DHA is a major structural component of the brain and nervous system, supporting a mother's memory and cognition, and her infant's development.\* DHA levels in mothers' breast milk can decline by up to half in the first month of her child's life.\* Supplementing with DHA can help support higher levels of DHA during breastfeeding.\*

## DHA Levels in Breast Milk among Postnatal Women\*



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Superior Triglyceride Form



1. Data modified from: Weiss GA, et al. *Lipids Health Dis* 2013 Jun 15;12:89.

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Fish oil processed in Norway.  
Manufactured from the U.S. by: NORDIC NATURALS, INC.  
111 Jennings Drive, Watsonville, CA 95076  
800.662.2544 | nordicnaturals.com

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